

Baked Steelhead with Honey Glaze

Ingredients

1 lb Steelhead Trout Fillets
1/4 cup butter
2 garlic cloves, finely chopped
2 tbsp honey or maple syrup
2 tbsp brown sugar
2 tbsp rice vinegar (or cider)
2 tbsp Dijon mustard
2 tbsp soy sauce

Directions

Melt butter in small sauce pan over low heat. Whisk in all ingredients, except fish.

Place fish in the center of rectangle of foil. Pour the glaze over the fish and fold the packet around the fish.

Preheat oven to 400°. Bake for 15-20 minutes or until fish flakes easily with a fork.

Glaze is enough for up to 2 lbs of fish.

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